



FOUR SEASONS PARKWAY RUN & WALK

Benefiting Cancer Research at The Children's Hospital of Philadelphia

How to raise \$150 in 10 days

Day		Total
1.	Put in your own \$10 donation	\$10
2.	Ask your spouse for \$10	\$20
3.	Place a canister at your cleaners or favorite store-You will probably get more than \$10	\$30
4.	Ask two co-workers for \$10	\$50
5.	Ask three friends for \$10	\$80
6.	Ask two relatives \$10	\$100
7.	Ask a neighbor for \$10	\$110
8.	Ask two people from church/temple to donate \$10	\$130
9.	Ask your supervisor for \$ 10	\$140
10.	Ask another neighbor for \$ 10	\$150

How to raise \$500 in 10 days

Day		Total
1.	Put in your own \$25 donation	\$25
2.	Ask two doctors/dentists to donate \$50 each	\$125
3.	Ask four family members to donate \$25 each	\$225
4.	Ask three friends to donate \$25 each	\$300
5.	Ask your supervisor to donate \$25	\$325
6.	Ask two local merchants to donate \$25 each	\$375
7.	Ask three neighbors to donate \$15 each	\$420
8.	Ask two co-workers to donate \$10 each	\$440
9.	Ask three people from church/temple to donate \$10 each	\$470
10.	Ask three friends of your parents to donate \$10 each	\$500

Who Else Can Sponsor Me?

Your relatives	People you know through your spouse	Your lawyer
Friends from your old job	People you know through your children	Your son's or daughters scout leader
Friends from your present job	People from your lodge or club	Your dry cleaner
Friends from school or college	People who sell you groceries	Your florist
Members of your sports team	People who sell you clothing	Your letter carrier
Members of your hobby group	Your plumber	Your babysitter
Members of your church or synagogue	Your painter/ decorator	Your children's principal
Friends from your old neighborhood	Your veterinarian	Your insurance agent
Your landlord	Your next door neighbor	Your best lunch date
Your car salesperson	Your wedding attendants	Your CPA
Your car repair person	Your travel agent	Your hair dresser